



Mint Julep



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup bourbon



1 serving garnish: mint sprigs fresh



1 tablespoon mint syrup

Equipment

Directions

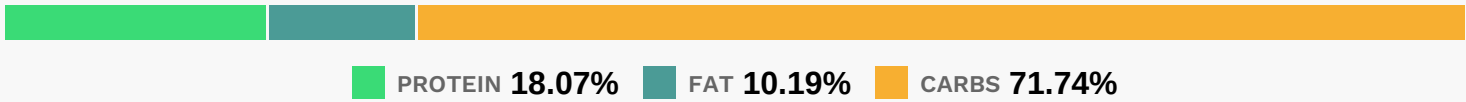


Combine bourbon and syrup; serve over crushed ice.

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Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:1.1447826176882%

Flavonoids

Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg

Nutrients (% of daily need)

Calories: 142.8kcal (7.14%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 2.46mg (0.11%), Alcohol: 20.04g (100%), Alcohol %: 38.48% (100%), Protein: 0.22g (0.45%), Vitamin A: 254.88IU (5.1%), Manganese: 0.08mg (4.07%), Vitamin C: 1.91mg (2.31%), Fiber: 0.48g (1.92%), Iron: 0.33mg (1.83%), Folate: 6.84µg (1.71%), Copper: 0.03mg (1.62%), Calcium: 14.58mg (1.46%), Magnesium: 4.8mg (1.2%), Vitamin B2: 0.02mg (1.08%), Potassium: 35.34mg (1.01%)